

An aerial photograph of Eastham, Cape Cod. In the foreground, a large, dark-colored house with a prominent red roof and white-trimmed windows is nestled among dense green trees. To the right of the house stands a tall, cylindrical lighthouse with a white base and a red upper section, topped with a black lantern room. The background shows a sandy beach and the ocean with white surf breaking on the shore.

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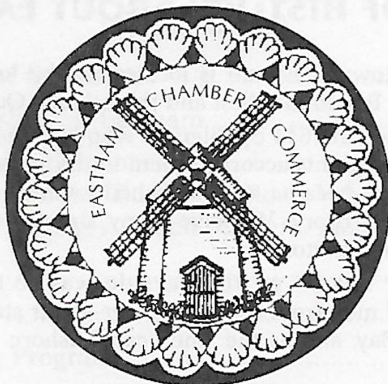


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WELCOME TO EASTHAM

The Eastham Chamber of Commerce sponsors activities and programs designed to benefit the social, environmental, commercial and civic welfare of the people of the Town of Eastham. We hope that vacationers and residents alike will find this handbook a useful reference guide. If we can be of help with further information on Eastham, contact *The Eastham Chamber of Commerce*, P.O. Box 1329, Eastham, MA 02642. Telephone 508-240-7211.

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Cape Cod

MASSACHUSETTS

This publication is funded, in part, by the Commonwealth of Massachusetts, Office of Travel & Tourism and the Cape Cod Chamber of Commerce.

Front Cover: "Nauset Light"

Photo by Single Source

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A BIT OF HISTORY ABOUT EASTHAM

Welcome to our town! Eastham is located on the lower part of the Cape, bounded by Cape Cod Bay to the West and the Atlantic Ocean to the East.

Eastham was settled in 1644 by Pilgrims who had been dissatisfied with the poor soil and small land grants accorded them in the colony of Plymouth, across the bay. Before Eastham became an established town in 1651, it had been part of the Nauset Indian Territory. We have many streets and ponds named after prominent Chiefs of the Territory.

"First Encounter Beach" on the bayside was so named for a hunting expedition made up of men from the Mayflower—their sturdy ship had dropped anchor in Cape Cod Bay, and as the men came ashore they first encountered Indians.

As one drives through Eastham (on Route 6), the Grist Mill is much in evidence directly across from the Town Hall. Built around 1793 in Plymouth, it had been ferried across the bay to Truro and finally arrived in Eastham in 1793. Today it is the oldest wind-driven grist mill on the Cape. In a small cemetery not far from the Grist Mill, called the Cove Cemetery, three of the original Mayflower passengers are buried.

A third of Eastham is "the gate" to the National Seashore—which was created in the 1960s to protect the coastline from random construction and to preserve its dunes and shores from wind and surf erosion. Where the National Seashore's Visitor Center now stands, with its magnificent view of the Salt Pond below and the Atlantic Ocean beyond, once had been an eighteen hole golf course. The beautiful view must have been a bit of a distraction to the players!

Just opposite the Visitor Center is the Old Schoolhouse Museum. Dating back to 1869, it had been a one-room schoolhouse for the town of Eastham, with one entrance for the boys and one entrance for the girls. Painted yellow, it is very easily seen and outside the school a pair of whale jawbones prominently displayed, huge and white in color, seem to be on guard.

Eastham is fortunate in having two ocean beaches, Coast Guard Beach and Nauset Light Beach. Located adjacent to the beach is the Nauset Lighthouse, sister to the lighthouse in Chatham. This one, dismantled in Chatham and rebuilt in 1923 at Nauset Beach, is a favorite of photographers.

One of Eastham's earlier prominent residents was Edward Penniman, captain of several whaling vessels. He'd put to sea at an early age, but upon retirement returned to Eastham. In 1867 he built a massive yellow Victorian house on a knoll overlooking the Atlantic Ocean in the Fort Hill section of Eastham. This area is now included in the National Seashore and many of the artifacts Penniman brought for his home are now on display at the Visitor Center Museum.

Eastham enjoyed an incidental "claim to fame" from the ending of the 19th century until the 1920s, as "The Asparagus Capital." Its sandy fields provided excellent growing conditions for crops to be sent to markets in Boston and New York.

Hopefully, this brief historical account of Eastham will give you a favorable impression of our interesting town.

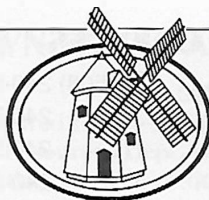
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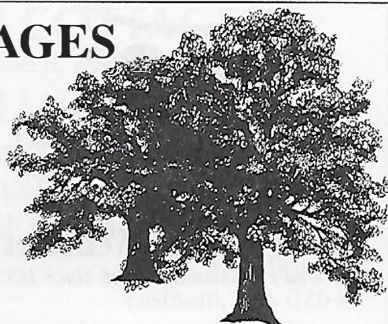
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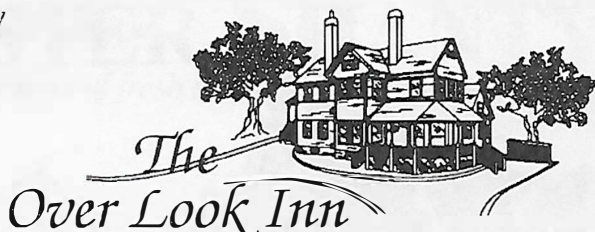
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One of a set of four historical postcards of the Eastham Windmill. The postcards are being sold by the Eastham Chamber of Commerce to raise funds for our Scholarship Fund. Postcards are on sale at local stores.

WINDMILL WEEKEND

Eastham's Windmill Weekend is a community festival, a fair, and a family party all rolled into one. It is held annually on the weekend following Labor Day.

The Weekend's planning committee has become something of a port of entry for newly retired residents interested in finding a way to integrate quickly into the community and to have fun and do something useful at the same time. Volunteers are a mix of people with a long history in Eastham and those looking to acquire one.

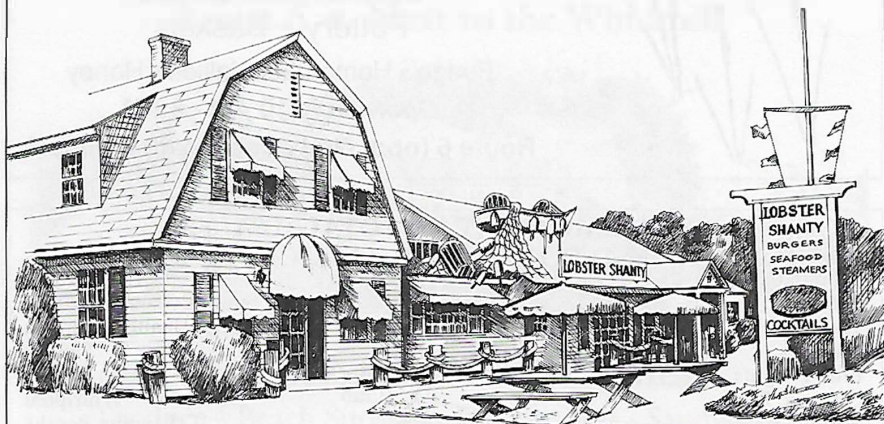
Windmill Weekend is a continuous string of events held on Windmill Green in Eastham center and at various other locations around town. It includes a sand art competition, road races, band concerts, an arts and crafts show, a tricycle race, and square dancing. Interspersed with hometown entertainment are performances by professional dancers, comedians, and musicians.

One highlight is public recognition as Windmill Honorees of one or more Eastham citizens who have demonstrated unusual dedication to the town through volunteer activities. Excitement peaks with Sunday's parade, developed each year around a popular theme.

For further information call Don Cornish at 255-0558

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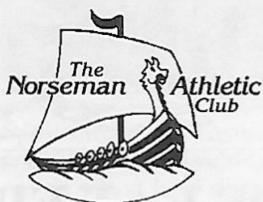
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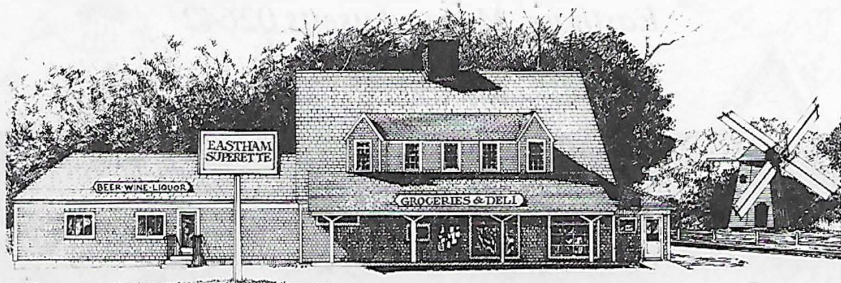
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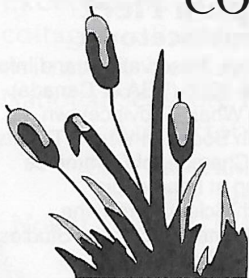
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PLAYGROUND PROGRAM

- Registration: Monday through Friday, 9 a.m.
- Eligibility: Boys and Girls, Ages 6-16
- Place: Nauset Regional High School
- Time: Monday thru Friday, 9 a.m.- 12 Noon
- Program Content:
Archery, Arts and Crafts, Baseball, Basketball, Flag Football, Quiet Games, Soccer, Softball, Street Hockey, Track and Field, Volleyball, Playground Competition with Lower Cape towns, plus Special Events—including end of season family picnic, games and award event.

SWIMMING INSTRUCTIONS

- Registration: Any morning
- Eligibility: Boys and Girls, Ages 3-16
- Place: Wiley Park
- Time: Monday through Friday, 9 a.m. - 12 Noon
- Program Content:
Pre-school swim program plus certified American Red Cross courses for Beginners, Intermediates, Swimmers, Jr. and Sr. Life Saving, as well as Competitive Swimming, and an end of season fun and awards event.

Each Eastham Recreation Commission program requires a \$10.00 Registration Fee. Parent/Guardian must register participant.
EVERYONE IS ENCOURAGED TO PARTICIPATE.

The Commission also offers the following fall, winter and spring recreation programs (for residents only):

Soccer, Field Hockey, Boys' and Girls' Basketball, Softball and Baseball.

All programs are advertised via posters displayed throughout town, bulletin boards at the Post Offices and at the Information Booth.

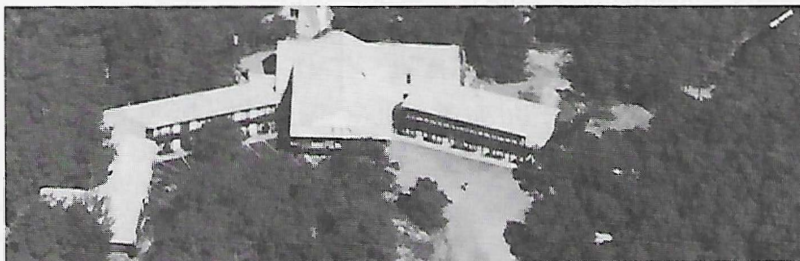
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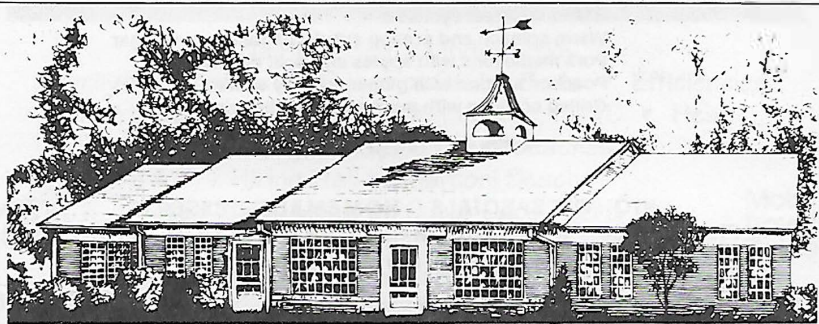
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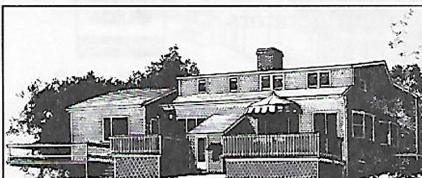
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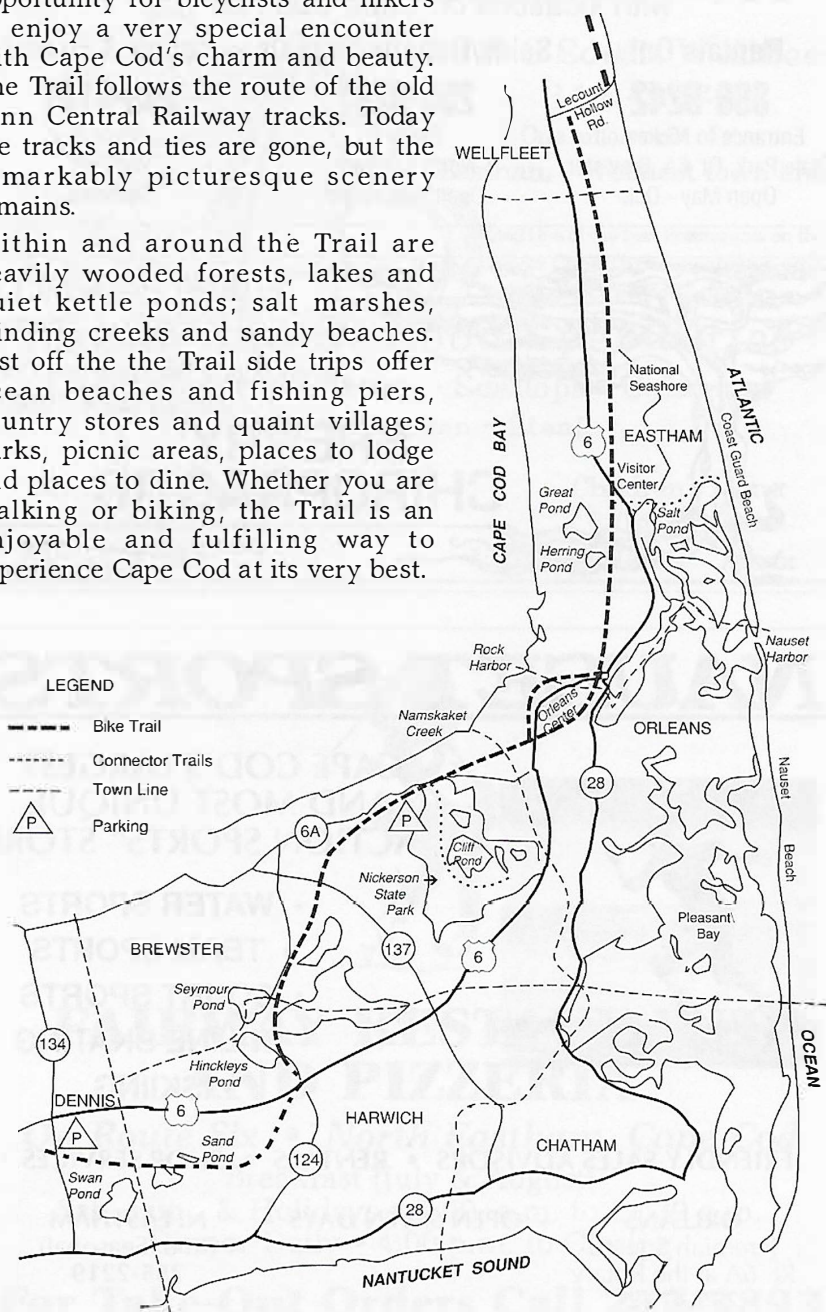
and Mobil Travel Guide

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THE CAPE COD BIKE TRAIL

The Cape Cod Bike Trail provides an opportunity for bicyclists and hikers to enjoy a very special encounter with Cape Cod's charm and beauty. The Trail follows the route of the old Penn Central Railway tracks. Today the tracks and ties are gone, but the remarkably picturesque scenery remains.

Within and around the Trail are heavily wooded forests, lakes and quiet kettle ponds; salt marshes, winding creeks and sandy beaches. Just off the the Trail side trips offer ocean beaches and fishing piers, country stores and quaint villages; parks, picnic areas, places to lodge and places to dine. Whether you are walking or biking, the Trail is an enjoyable and fulfilling way to experience Cape Cod at its very best.





Idle Times Bike Shop Inc.

with locations off Cape Cod Rail Trail

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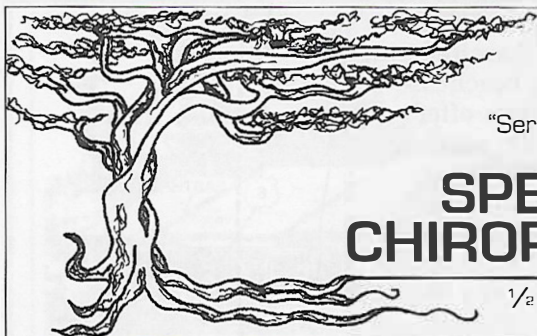
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Open May - Oct.

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North Eastham
Open Year-round

Route 6
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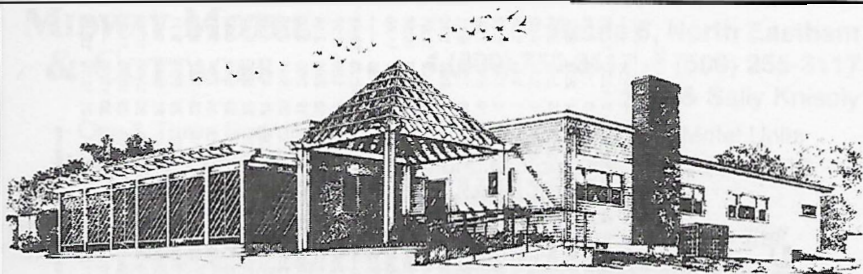
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*With garlic, sherry, plum tomatoes
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20 oz., 10 oz., End Cuts when available

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*Tenderloins of chicken in a lemon cream
with capers & tarragon; over angel hair*

Baked Chatham Scrod

With a seasoned crumb topping

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With a fine herb and caper sauce

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*A selection of the day's freshest seafood
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Time difference from Nauset Harbor for high tide at the following locations:

Bass River	+1:15	Meeting House Pond	+1:43
Chatham Outside	0:00	Monomoy Point	+0:05
Chatham		Nantucket	+0:30
Stage Harbor	+0:25	Provincetown	0:15
Dennisport	+0:30	Vineyard Haven	-0:05
Edgartown, M.V.	+0:30	Wellfleet	-0:15
Hyannisport	+0:30	Wychmere Harbor	+0:19

1997 Tide Chart of The Outer Cape

Cape Cod Bay High Tides

Times when tides are expected to reach or exceed 11 feet are indicated by bold face type

Note: Adjusted for Daylight Saving Time
(First Sunday in April to Last Sunday in October)

JAN.		FEB.		MARCH		APRIL		MAY		JUNE		JULY		AUG.		SEPT.		OCT.		NOV.		DEC.	
a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
1	4:22 4:39	1	5:15 5:47	1	3:47 4:18	1	5:08 5:52	1	6:52 7:34	1	8:43 9:11	1	9:28 9:48	1	11:03 11:12	1	12:03	1	12:07	1	11:46	1	11:56
2	5:11 5:32	2	6:09 6:45	2	4:38 5:14	2	6:10 6:54	2	7:56 8:34	2	9:43 10:06	2	10:26 10:40	2	11:48 11:56	2	12:14 12:39	2	12:26 12:42	2	12:16 12:23	2	12:32 12:38
3	6:00 6:27	3	7:05 7:44	3	5:34 6:14	3	7:14 7:55	3	8:59 9:32	3	10:40 10:57	3	11:18 11:28	3	12:29	3	12:52 1:15	3	1:04 1:17	3	12:55 1:02	3	1:16 1:23
4	6:51 7:22	4	8:02 8:41	4	6:34 7:16	4	8:17 8:53	4	9:59 10:26	4	11:33 11:46	4	12:07	4	12:37 1:08	4	1:30 1:51	4	1:41 1:53	4	1:37 1:44	4	2:03 2:11
5	7:42 8:16	5	8:58 9:37	5	7:36 8:17	5	9:16 9:47	5	10:56 11:17	5	12:23	5	12:14 12:51	5	1:17 1:46	5	2:08 2:27	5	2:20 2:31	5	2:23 2:31	5	2:53 3:04
6	8:33 9:10	6	9:53 10:30	6	8:36 9:14	6	11:12 11:38	6	11:49	6	12:32 1:10	6	12:57 1:34	6	1:56 2:24	6	2:48 3:05	6	3:01 3:12	6	3:12 3:23	6	3:46 4:02
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For Tides in Town Cove add approximately 2 1/4 hours • For Tides in upper reaches of Pleasant Bay add approximately 1 1/4 hours • Time varies due to strong wind conditions and barometric pressure

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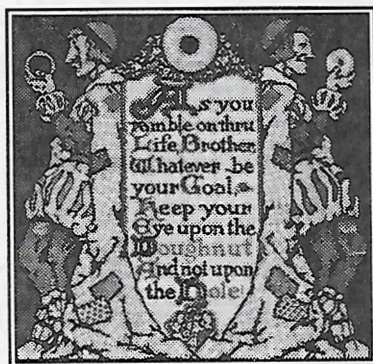
Locations:

Rte. 6, No. Eastham
255-6551

Rte. 6A, Brewster
896-5285

52 Main St., Orleans
255-4252

Rte 6A, Dennis
385-7592



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President John F. Kennedy signed a bill on August 7, 1961 making the Cape Cod National Seashore a reality. The Seashore includes approximately 27,000 acres of uplands in six towns—Chatham, Orleans, EASTHAM, Wellfleet, Truro, and Provincetown. The work of the Cape Cod National Seashore involves conservation and preservation of the magnificent natural surroundings of the Cape as well as highlighting certain natural and historical sites for the enjoyment of visitors. The Cape Cod National Seashore offers visitors approximately 30 miles of the finest seashore on the Atlantic Coast.

SALT POND VISITOR CENTER, Eastham, located off Route 6, is the nucleus of the National Seashore and offers an orientation film, exhibits on Cape Cod human and natural history, and a bookstore. For current information call: 255-3421.

A Variety of Unique Features of the Seashore in Eastham Includes:

Walking—Self-guiding trails include Nauset Marsh, Buttonbush (special text in braille), Fort Hill (a favorite for bird watchers and nature photographers) and the Red Maple Swamp. Park trails in several locations have been surfaced to accommodate wheelchairs. These include the Doane Rock area which contains a ½ mile loop trail and accessible rest rooms and picnic sites.

Biking—A beautiful bike path from the Salt Pond Visitor Center directly to Coast Guard Beach.

Historic Features—Penniman House, Indian Rock, Doane Homesite, Nauset Light, and Three Sisters Lighthouses.

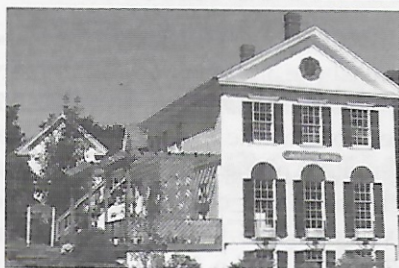
Overlooks—Fort Hill, Salt Pond Visitor Center and Nauset Light Beach.

BEACHES—Coast Guard Beach—off Route 6 at the Salt Pond Visitor Center—follow Nauset Road and Doane Road to the beach. (Parking during the summer season is nearby the beach and accessible via shuttle bus, trail or bike.) **Nauset Light Beach**—off Route 6, turn right onto Brackett Road and follow Cable Road to the beach. Both have swimming areas with lifeguards on duty during the summer season.

Programs—Day and evening programs are available in the summer and on a reduced schedule the remaining part of the year at the Salt Pond Visitor Center.



Many park facilities and services are accessible to disabled visitors. Inquire at Salt Pond Visitor Center for details, or call 255-3421



Owner/Artists: Bimbi Jacob & Lee Ann Fanning

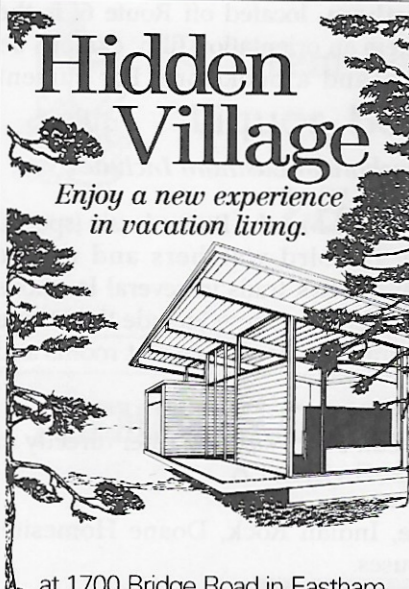
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- Low Fat Choices - *such as grilled or poached fish and grilled chicken salad*
- Sirloin Steak Sandwich - *on garlic bread*
- Mussels - *with spicy tomato sauce and Portuguese sausage over linguini*
 - Clams Casino
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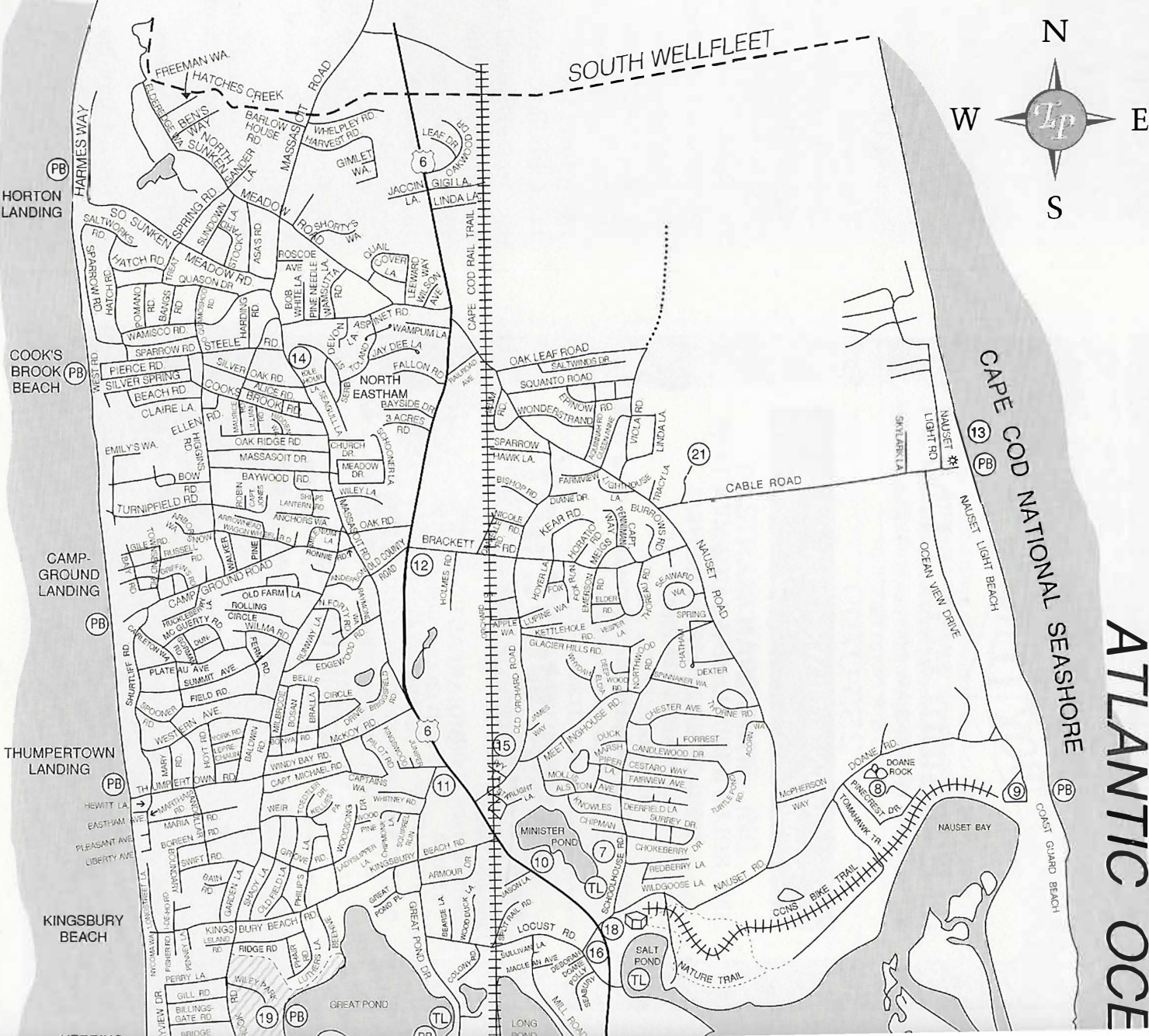
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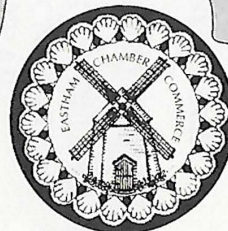
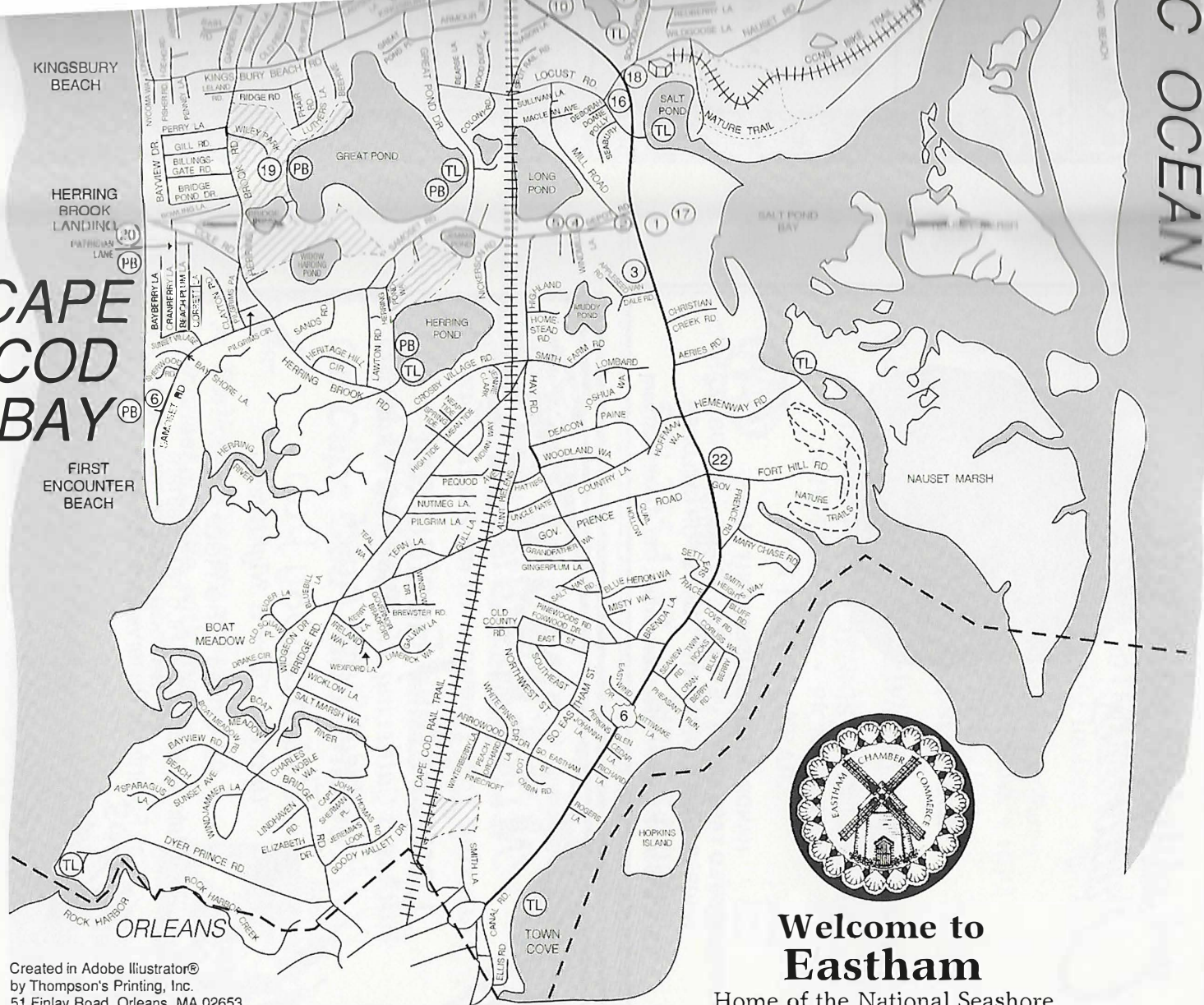
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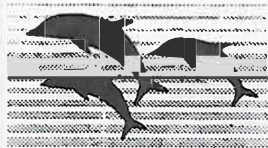
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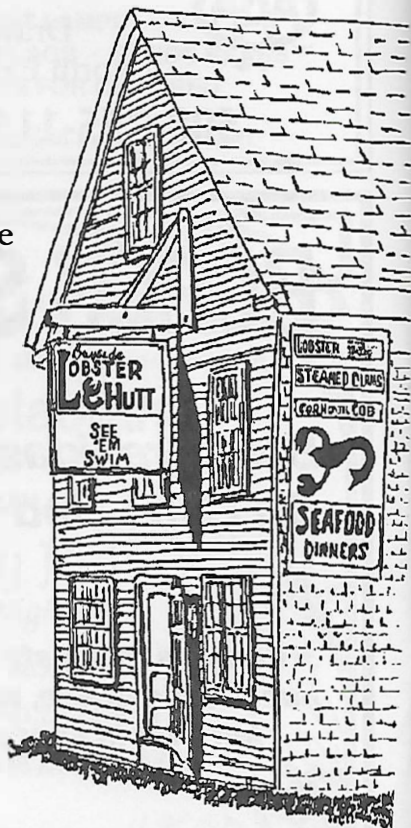
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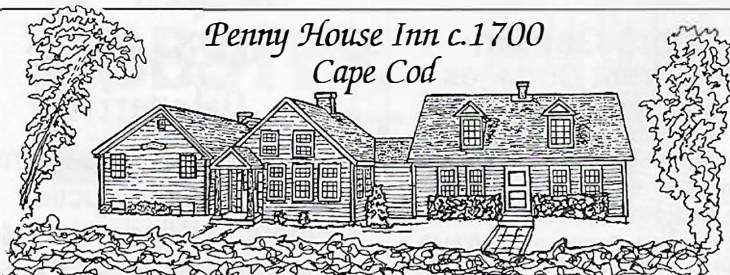
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The Eastham Conservation Foundation

The Eastham Conservation Foundation, Inc. is a private, non-profit organization established in recognition of a need for balance between the use and enjoyment of this wonderful area and protection of the very habitats which make it attractive. Among other things, the Foundation's purpose is to assist the Town and its inhabitants in the preservation and maintenance of various types of wetlands and open space, areas of historical, scientific or geological significance, and to hold or otherwise acquire parcels of property for such purposes. The Foundation currently holds or protects through conservation restriction over one hundred and seventy-five acres of open space in perpetuity. We are a member of The Compact of Cape Cod Conservation Trusts, Inc., a regional group of land trusts dedicated to the same goals.

The Eastham Almanac Calendar is an annual publication of the Foundation which provides local tides and other almanac information specifically calculated for our exact location on the planet, together with historical photographs. We rely entirely on our membership for funding. You may obtain a calendar with membership information at local stores, or by writing to us at P.O. Box 183, Eastham, MA 02642.

The Eastham Painters Guild

Cape Cod is well known for its many artists and the Town of Eastham is no exception. Organized in 1981 by Jean Daley, the Eastham Painters Guild has twenty members. It is among the few juried art groups on the Cape.



The dedicated artists displaying their work are all Eastham residents. Art lovers will find a diversity of subject matter from local scenes to flowers to the abstract. All the paintings are original works in a variety of mediums. Among the paintings you will find oils, watercolors, pastels and monotypes.

Eastham Painters Guild provides the opportunity for people to view the paintings in an "outdoor gallery setting" on the lawn of the Old Schoolhouse Museum, across from the National Seashore Visitor Center. Shows are held on Thursdays and Fridays in July and August and some Saturdays in June and September. A complete schedule of shows can be obtained at the Eastham Information Booth. There is no admission charge.

EASTHAM UNITED METHODIST CHURCH

Route 6, Eastham, Massachusetts 02642

Sunday morning worship services 8:00 and 10:15 AM

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MASSASOIT ROAD, NORTH EASTHAM, MA

Winter Masses: Sept. 7 - June 7 - Sat. Vigil 4:00 p.m.; Penance 3:30 - 3:50 p.m.; Sun. 9:00 a.m.

Summer Masses: June 15 - Sept. 7 - Sat. Vigil 5:00 p.m.;

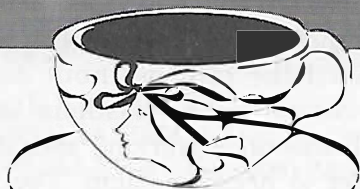
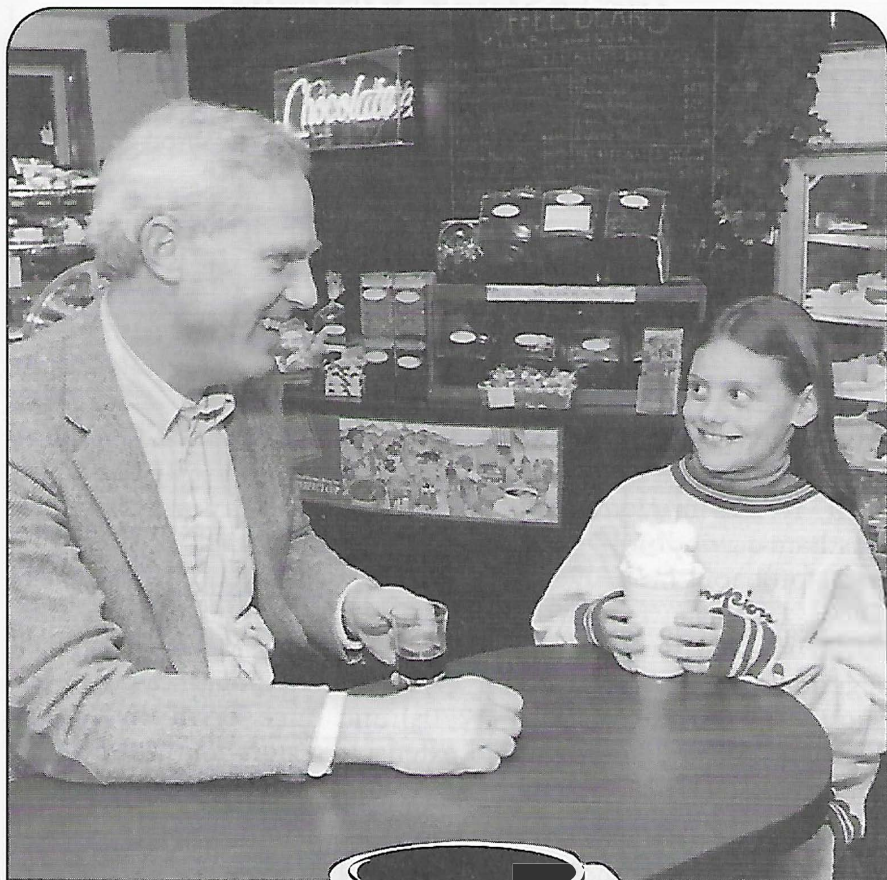
Penance 4:15-4:50 p.m.; Sunday 8:00 & 9:30 a.m.

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THE EASTHAM WINDMILL

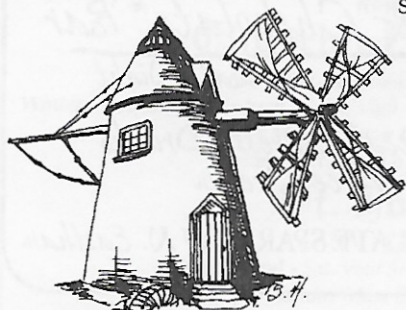
*"Back of the loaf is the snowy flour,
And back of the flour the mill,
And back of the mill is the wheat and the shower,
And the sun and the Father's will."*

Maltbie Davenport Babcock

To the early settlers all over New England mills were of great importance. This was especially true on Cape Cod, known for many years as the "breadbasket of Plimoth." Tide mills, water mills and, in particular, wind mills proliferated on Cape Cod. Millwrights were scarce and records of their work scarcer yet. The first known wind mill was built in Watertown in the 1630s, a post mill, it was moved to Boston neck after only a few years. Eastham's windmill is a smock mill of an English/French style most probably built by Thomas Paine (of Eastham) in the early 1680s. He was active at that period, building mills in Barnstable, Sandwich, Eastham and other parts. Our mill is believed by local legend to have been built in Plymouth at that time and subsequently moved to Truro (1770s) and once again in 1793 to Eastham. Ed Milliken, who did extensive restoration in the 1960s found evidence that the mill has indeed been dismantled twice.

The mill was moved to its present site about 1808 when the miller, Seth Knowles, sold the land by the Salt Pond where the mill was located and removed the mill, without dismantling it, to its present site. As a comment, the Eastham Windmill is the only Cape Cod windmill still on a working site, the others all having been moved in order to preserve them. The windmill green was where local farmers came for grist and meal and whatever local gossip or news was to be had. Today's visitors get gossip, news,

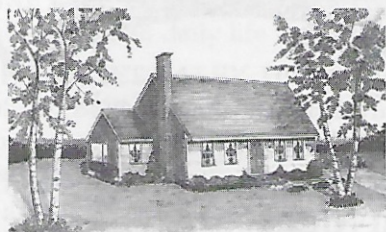
stories, meal; and, thanks to the generosity of many people who love Eastham, our mill is restored and back in good working order. With care the old mill will provide a focus for many more generations of Eastham residents and their visitors. Open 10 a.m.-5 p.m in the summer.



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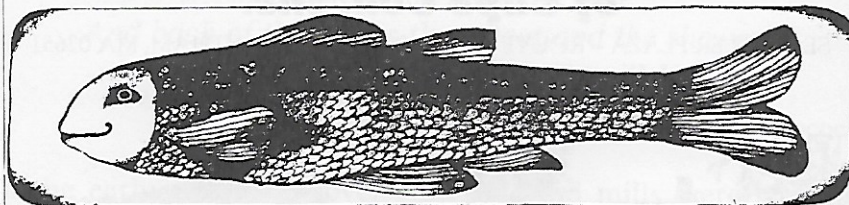
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EASTHAM MUSEUMS

THE OLD SCHOOLHOUSE MUSEUM is located on Nauset Road across from the Cape Cod National Seashore Visitor Center. It is housed in a one-room schoolhouse built in 1869. The remaining one of the three schoolhouses consolidated on that site in 1906 and it served the town until 1936. The museum displays objects from various facets of the town's history including farming, shipwrecks, the Life Saving Service, the school and daily life in the town.

THE SWIFT-DALEY HOUSE is located on Route 6 next to the Post Office. Built in 1741, its bowed roof is typical of early houses built by ship's carpenters. The wide board floors, deep kitchen fireplace and narrow stairways are other features of 18th century houses. The house is completely furnished, and its collections include examples of period clothing, china, Indian artifacts, quilts and household equipment.

THE TOOL MUSEUM is located behind the Swift-Daley House. It displays hundreds of tools, many unusual and unique to this part of the country. On the same site is the **DILL BEACH SHACK**, a survivor of the 1978 storm that ravaged the spit south of the Coast Guard Station.

Eastham's museums are open Monday through Friday in July and August. Saturdays only in September. Hours 1-4 p.m.

THE EASTHAM HISTORICAL SOCIETY

Eastham is one of the oldest towns in the Commonwealth. Three 'Old Comers', or passengers on the Mayflower, were among its earliest families. Founded in 1953 to preserve that long and varied history and its artifacts, the Society acquired historically important collections through the generosity of Eastham residents and visitors. These collections are housed in the three museums described above. All are open to the public during summer months.

The Society also conducts an active year-round program—a summer book sale, an antique show, a Christmas sing on the Windmill Green (co-sponsored with the Friends of the Eastham Public Library), a bi-monthly, lecture series, and a quarterly newsletter.

Publications include the Cape Cod Library of History and Genealogy, Alice Lowe's history of Eastham and two Cemetery Books which give a complete, indexed listing of all the graves in Eastham's four cemeteries—Evergreen, Congregational and Soldiers, Bridge Road, and Cove Burying Ground.

Membership applications (\$5/year, \$7/year family) may be obtained by writing to Box 8, Eastham, MA 02642, or by calling 255-8725.

EASTHAM NON-RESIDENT TAXPAYERS ASSOCIATION, INC.

The Eastham Non-Resident Taxpayers Association is the formal voice in the town of Eastham of the approximately 2000 non-resident taxpayers, about 500 of whom are members of the association. Founded over 37 years ago and incorporated in 1973, ENRTA "works for the betterment of the whole community of the Town of Eastham". Some of our present and past concerns are: water quality, zoning by-law changes, proposed golf course, traffic and landfill problems, the building moratorium, bike path extension, Horton property purchase, proposed Roach property purchase, Title V, and windmill restoration and lighthouse restoration/preservation.

We make a special effort to keep non-residents informed of Eastham happenings that have impact on us as homeowners and taxpayers, through newsletters and public meetings during the summer months. These public meetings in July and August offer an opportunity for our members to meet and talk with the town selectmen and town administrator. There is always an open and friendly exchange of ideas recognizing that although non-residents have no vote at the town meeting, we do provide approximately 70% of the town's operating annual budget. We are critical to the town's financial survival.

Our budget is a very modest one that provides for a resident part-time administrator and for our mailings to members. If you are not a member, please join us by sending \$10 annual dues to:

ENRTA, P.O. Box 1321, Eastham, MA 02642

Watch for our signs and posters announcing our July and August meetings. Come meet your neighbors and have some of your questions discussed by our town officials — and hopefully answered.



Coast Guard Station

Bird Watcher's General Store

Featuring: The amazing **AVIARIUM** In-House Window Bird Feeder. One-way mirrored plexiglass allows you to watch the birds for hours but they can't see you!

Come see this exceptional bird feeder in action.



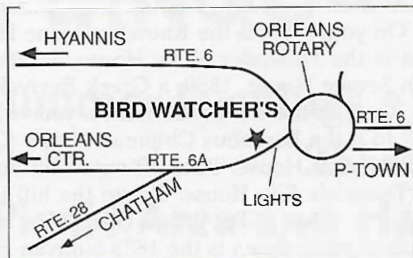
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EASTHAM LIBRARY

The library houses 30,000 volumes and both PC and Macintosh computers including a link to the Internet. Books on cassette, videos, puzzles, large print books, toys, periodicals, and more await visitors to the library. Genealogy enthusiasts from all over

the country have been helped by volunteers from the Historical Society. The Historical Society also provides assistance by appointment in the Vivian Andrist Archives. Investors will find VALUE LINE and MORNINGSTAR guides. A copier, FAX machine, and cassette players are also available at the library.

Summer events for children of all ages and the July Friends of the Library book sale supplement year-round storytime programs, an annual carol sing and February's Love Your Library Day.

Established in 1878, the present library was built in 1897 and renovated in 1987-88. This centennial year will feature events of all kinds for young and old! Visitors to Eastham are welcome to use the library and to register for a CLAMS card which provides access to virtually all libraries on the Cape and Islands.

The Eastham Library has the second highest per capita circulation on Cape Cod. It has grown from 13,295 in 1970 to 43,527 in 1980 to 83,127 in 1996.

The library is located west of the windmill and right next to the First Encounter Coffee House at 190 Samoset Road. Phone: (508) 240-5950, FAX: (508) 240-0786.

	HOURS	
	Summer	Winter
Mon.	10 - 4	closed
Tues.	10 - 8	10 - 8
Wed.	closed	10 - 4
Thurs.	10 - 8	10 - 8
Fri.	10 - 4	10 - 4
Sat.	10 - 4	10 - 4

A WALK AROUND THE OLD TOWN CENTRE HISTORIC DISTRICT

Start at the Salt Pond Visitor Center of the Cape Cod National Seashore. Directly opposite, with the Whalebones, is the Schoolhouse Museum, 1869. Next to that is the full Cape Bertha Keefe House c. 1828. Cross Route 6 at the lights, on your right is The Over Look Inn, a Queen Anne Victorian built in 1869. At the corner of Route 6 and Salt Pond Road is the Old Town Hall (1851). Continue on Salt Pond Road, the Joseph Cobb 1848 Greek Revival House is on your left. The old town pump and watering trough is situated at the fork. On your right is the Knowles Doane House, 1765, a fine half Cape house; opposite is the Philander Shaw House, a 1795 full Cape, and directly across is the Captain Savage House, 1850, a Greek Revival with beautiful gardens. Continue up Locust Road, at the top of the hill on your right is the full Cape Moore House (1820), next to it the Barnabus Chipman House (Greek Revival), and directly opposite the John Knowles House. Turn left onto Mill Road, a few hundred yards on your left is the Truesdale Fife House. Go up the hill to the Windmill where during summer months the Town Miller grinds corn. Turn left on Depot Road and left on Route 6. A hundred yards down is the 1823 Sullivan House and cottage. A beautiful view of Salt Pond and Nauset Inlet is visible at this point. Continue a little way on Route 6 to the John Sparrow House (1823) and the Jesse Collins Federal Style House on the corner of Locust Road. Continue to the traffic lights on Route 6 and cross back to the Salt Pond Visitor Center.

ORLEANS-EASTHAM

Benevolent & Protective Order of Elks

P.O. Box 5052, N. Eastham, Massachusetts 02651



McKoy Road, Eastham, MA

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5:30-7:30

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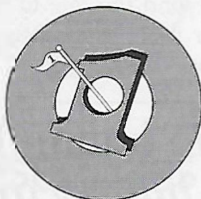
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255-9446

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255-3740

THE EASTHAM HIKING CLUB

The Eastham Hiking Club was started by the late John Sullivan and for the last eleven years Hortense Kelly has been the leader and coordinator. It is less of a Club and more of an activity. There is no membership fee and no dues — just join us for a vigorous walk of five or six miles.

Our walking season is from the middle of September to June, every Wednesday from 9:00 to 11:00. Each week we meet at a different place from Provincetown to Yarmouth.

We have two special event walks, one in the spring and one in the fall. We walk on one of our neighboring islands.

The objectives of the club are walking for health, sociability and to see the various wonderful places on the Cape that are off the beaten paths.

Everyone is welcome. For more information call 255-3021.

WALKING TRAILS IN EASTHAM

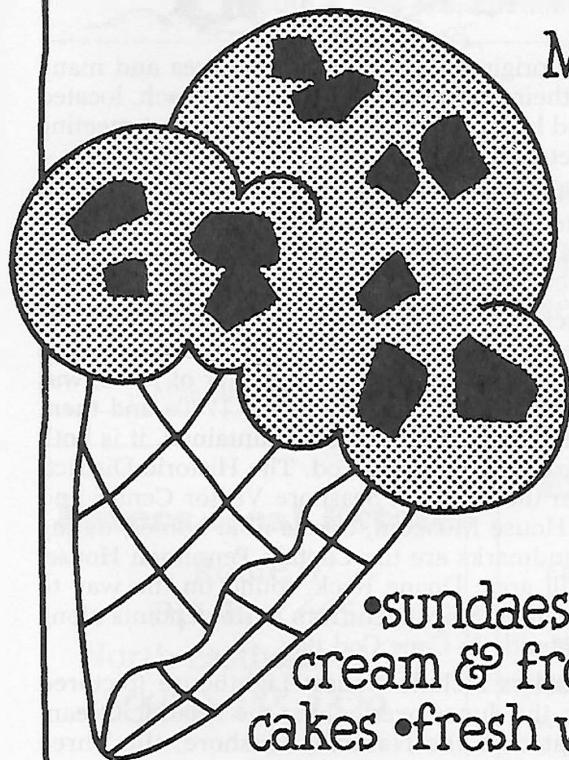
Eastham abounds with walking trails. We have trails in three conservation areas. Wiley Park, Cottontail Acres and the Lamont-Smith land. The latter trails can be extended to the bike-rail trail and the other trails offer scenic views of four ponds. All three conservation areas can be intertwined in a variety of ways. See centerfold map.

We also have National Park self-guided trails, such as Fort Hill, Red Maple Swamp, Nauset Marsh, Buttonbush, which was designed for the blind and wheelchair accessible trails from Doane Rock picnic area. There are other choices for extended walks, beyond the one to one and one-half miles, for the more adventurous walkers. For more information stop at the Salt Pond Visitor Center for trail guides and maps.

All of our public buildings and our public library are wheelchair accessible, as are 60% of our stores, medical offices, churches, motels and other public accommodations. Many of our ponds and beaches are also accessible. Call 240-5909 to obtain your guide to accessibility in Eastham.



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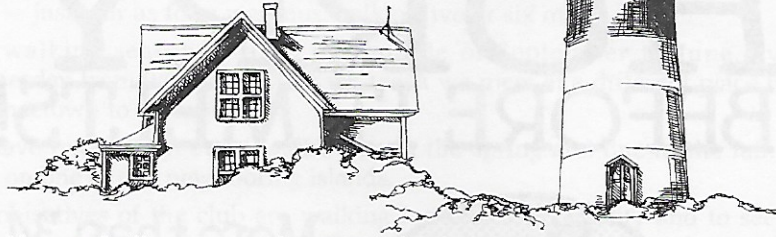
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EASTHAM

Settled 1644

Established 1651



The Nauset Indians were the original inhabitants of the area and many of our streets are named for their leaders. First Encounter Beach, located on Cape Cod Bay, is so named because it was the site of the first meeting of the Pilgrims and the Nausets.

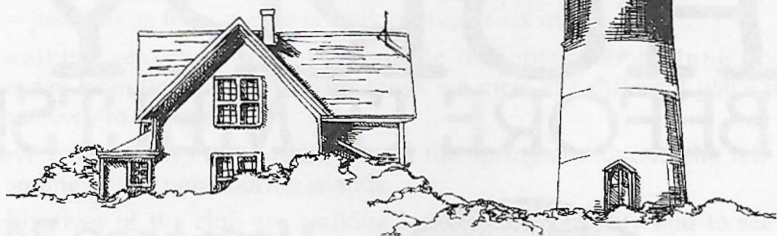
Eastham was settled in 1644 by Pilgrims dissatisfied with the poor quality of the lands granted to them in Plymouth. Fishermen, asparagus, turnip and even salt farmers, writers, artists and merchants have been making Eastham their home ever since.

Eastham residents have much to be proud of when it comes to their town. The National Seashore, of which Eastham is considered to be the "Gateway", is but one. The Windmill, located in the center of town, was built in Plymouth around 1680, moved to Truro in the 1770s and then, finally, to Eastham in 1808. Lovingly restored and maintained, it is both the oldest and last working gristmill on Cape Cod. The Historic District, located across the street from the National Seashore,

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Scenic stops within town borders include Nauset Lighthouse (pictured above), standing vigilantly on the dunes overlooking the Atlantic Ocean; the Red Maple Swamp, located in the National Seashore; the Three Sisters Lighthouses; the former Coast Guard Station; and the naturally beautiful views found at our ponds, marshlands and beaches.

The Cape Cod Rail Trail runs the length of town. Running a parallel course to Route 6, it provides easy access to all of the town's delights by this different mode of transportation.

Residents have loved their town with a variety of businesses as well. Quaint inns, cozy cottages, modern motels and even campsites all lie within easy distance of shops, restaurants and service trades.

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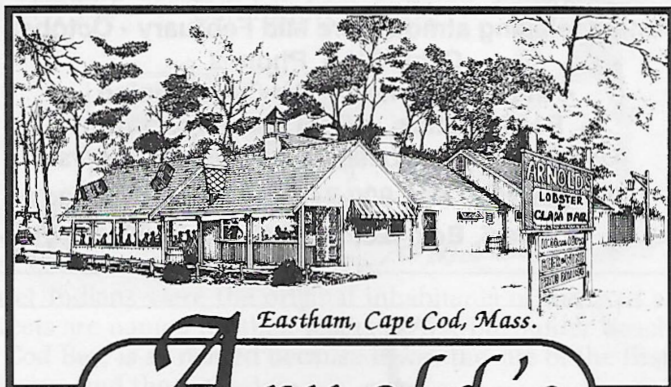
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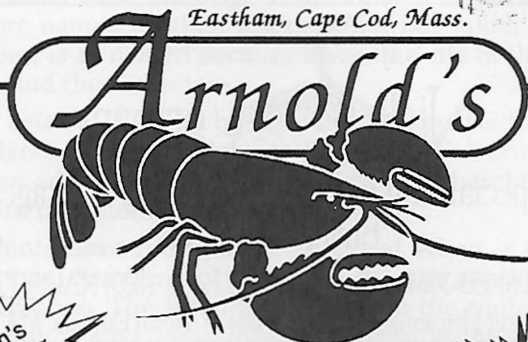
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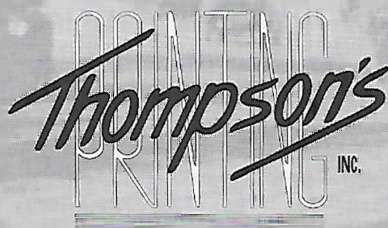
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EASTHAM FORUM

The Eastham Forum is a citizens' advocacy group now celebrating its eleventh year, with a membership of 500. Its goals are preservation and enhancement of the quality of life in Eastham through positive action and citizen involvement in local, regional and Cape-wide issues and Town government. Activities that encourage involvement of the membership include research, education, sponsorship of public meetings, a quarterly newsletter (*Forum Notes*), and positive, organized action on issues of concern for Eastham.

The most visible example of this positive action for Town improvement is the planning, planting and maintenance of EFFI's (Eastham Forum Flower Islands) at various roadway intersections around Eastham and at Town Hall. These efforts are supported by donations and funds obtained by collecting and redeeming beverage cans and bottles. Annual dues are \$10.00 per family.

For further information, write Eastham Forum, P.O. Box 516, Eastham, MA 02642, or call (508) 255-4956.

EASTHAM COUNCIL ON AGING

The Eastham Council on Aging, established by Town Meeting in 1974, is responsible for providing timely services and meaningful programs to the community's older population. Its day to day work is carried out by a professional staff consisting of a director, a clerk, and two outreach workers. The Senior Center is located at 1405 Nauset Road in North Eastham.

The Council on Aging also operates the Lower Cape Adult Day Center (255-6734) which is located on the ground level of the Senior Center. The Day Center is open each weekday from 8:30 a.m. to 2:30 p.m. New clients are always welcome.

Please stop by the Center for a list of the programs, the services, and the resources which are available. We look forward to your visit. Phone: (508) 255-6164.

THE CAPE COD CHILDREN'S PLACE

The Children's Place is on Nauset Road in North Eastham and provides programs and support to the Outer Cape towns of Brewster, Chatham, Eastham, Harwich, Orleans, Provincetown, Truro and Wellfleet. Our funding comes from the Commonwealth of Massachusetts Executive Office of Communities and Development, the town of Eastham and the assistance of individuals and businesses in our participating communities.

We are organized and operated through partnerships within the community to support and strengthen the well-being of children and families. We are committed to promoting high quality programming in concert with parents as decision makers. The vision guiding Family Resource Centers is to prevent an array of childhood problems by strengthening effective family management practices and establishing a continuum of child care and support services that children and parents need. This philosophical foundation is designed to provide the best possible start for children and families of all racial, ethnic and socio-economic groups. All families living in our service area are eligible for services offered by the Center.

Staff members are familiar with families' concerns and are dedicated to helping families meet their own daily needs. Community Planning and Outreach have demonstrated that the four greatest needs of families in our region are: • flexible child care • information on available services • parenting support • access to statewide programs. Therefore we offer: • Early Childhood programs from 7:30 am to 5:30 pm. We accept childcare vouchers. • Information on services and resources. • Parenting support through individual consultation, workshops and discussion groups. • We are available as a contracted outreach site for professional services in this area.

We are committed to using the space and resources of our center to the fullest in supporting families in the region. We invite ideas and inquiries from any group or individual seeking to meet families' needs. Rental space is available for workshops, off sites, clinics, classes, etc.

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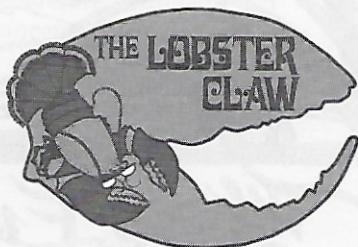
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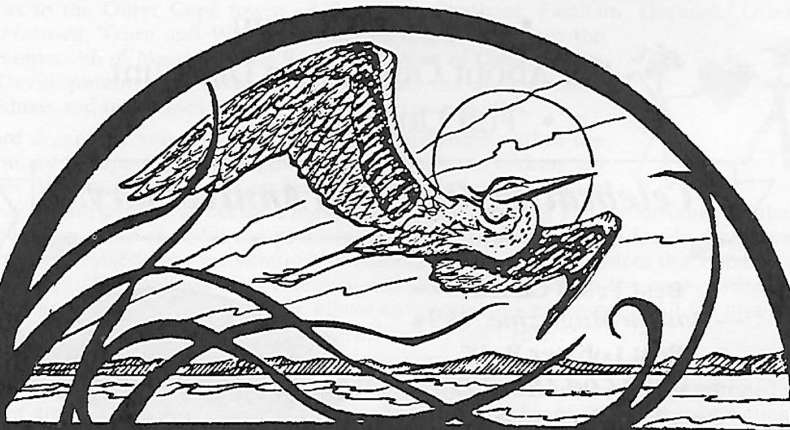
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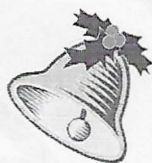
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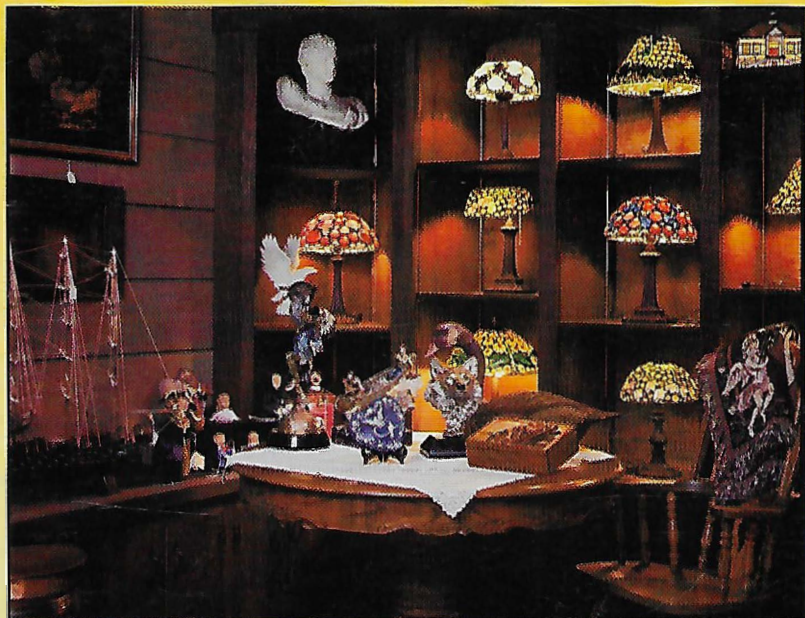
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